

## Vegetable Burritos

### Ingredients:

- 1 teaspoon olive oil
- 1 sweet onion (2 cups)
- 3 cloves garlic
- 1 red bell pepper (1 cup)
- 2 cups sliced mushrooms
- ½ teaspoon cumin
- 1 teaspoon chili powder
- dash of salt
- 1 15-ounce can reduced sodium black beans (1½ cups)
- 4 flour tortillas
- ½ cup chopped cilantro



### Directions:

1. Preheat the oven to 350°F. Heat the oil in a high-sided skillet. Sauté the onions until soft and just slightly golden, 5 minutes. Add the garlic, bell pepper, and mushrooms, and cook until the vegetables are tender, about 5 minutes. Stir in the black beans with a little of their liquid and heat through.

2. Heat the tortillas in a paper bag in the microwave about 1 minute. Lay the warm tortillas on the counter and divide the filling among them and scatter cilantro on top. Roll, turning in the sides, into a neat package. Lay in a baking dish covered lightly with aluminum foil and warm through in the oven, 10 minutes (20 to 30 minutes if they have been made earlier and chilled).

### NUTRITIONAL INFORMATION (per serving)

231 calories

5 g fat

18% calories from fat

1 g saturated fat

4% calories from saturated fat

44 g carbohydrates

362 mg sodium

9 g dietary fiber

Serves 6. Provides 2 vegetable servings per person.

<http://www.foodreference.com/html/vegetableburritosr.html>